

WHAT IS FAMILY READINESS?

Family Readiness is the state of preparedness of service members and their Families through proactive education and support programs that promote self-reliance and enhanced individual and Family well being in peace and wartime.

Family Readiness is a *key* factor in the unit, the service member, and Family morale, recruitment and retention of service members/Families, and ultimately in the successful achievement of military operations.

WHAT IS A FAMILY READINESS GROUP / FAMILY SUPPORT GROUP?

Family Readiness Groups (FRGs), also known as Family Support Groups (FSGs), are the centerpiece of the Family readiness effort. They serve as a link between the unit and Families for command information on deployment and redeployment dates, changes in the unit's status or mission, and other items of interest to Family members.

There is no rank, no dues, leadership is not based upon Service member's position and it's voluntary participation.

WHAT ARE THE BENEFITS?

Families may face many hardships due to long separations for schools, training and deployments. During these separations, Families need support and resources while their service member is away. An FRG is an intrinsic part in making sure you have the support and resources you need to keep focused, healthy and prepared.

Service Member	Family	Commander
<i>Peace of Mind</i> <i>Ability to Focus</i> <i>Improve Job Performance</i>	<i>Morale Support</i> <i>Develop Lasting Friendships</i> <i>Obtain Referrals / Share Information</i>	<i>Improves Readiness</i> <i>Promote Self-Reliance</i> <i>Enhance Camaraderie</i>

WHO CAN BECOME INVOLVED IN A FAMILY READINESS GROUP?

All Family members can be FRG members; spouses, parents, children, extended Family, friends and employers.

WHERE CAN I FIND MORE INFORMATION ABOUT MY FRG?

Talk to your service member's unit's Commander, Readiness NCO or any one of us below!

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